

Be the Leader People Crave

Module 2

Focus: Caring for Your Energy Body

The basics of getting enough sleep & daily refueling are critically important to well-being. Expending energy requires that you refuel & generate your energies as well. There's a rhythm and flow to working with our energies.

1. Set aside some time for reflection around two questions: 1) When do I find I have the best energy? 2) When do my energies wane? Write all that comes to mind.

2. Reflect on your answers above and group together your responses below with an eye to noticing what enlivens you vs. when energy leaks occur.

3. Given your responses in #2, what's the impact of your energy on your leadership? Record some specific examples.

